



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09091, Figs, canned, light syrup pack, solids and liquids

Report Date: June 30, 2017 05:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g	1 fig with liquid 28g
Proximates						
Water	g	81.26	--	--	204.78	22.75
Energy	kcal	69	--	--	174	19
Energy	kJ	289	--	--	728	81
Protein	g	0.39	--	--	0.98	0.11
Total lipid (fat)	g	0.10	--	--	0.25	0.03
Ash	g	0.30	--	--	0.76	0.08
Carbohydrate, by difference	g	17.95	--	--	45.23	5.03
Fiber, total dietary	g	1.8	--	--	4.5	0.5
Sugars, total	g	16.15	--	--	40.70	4.52
Minerals						
Calcium, Ca	mg	27	--	--	68	8
Iron, Fe	mg	0.29	--	--	0.73	0.08
Magnesium, Mg	mg	10	--	--	25	3
Phosphorus, P	mg	10	--	--	25	3
Potassium, K	mg	102	--	--	257	29
Sodium, Na	mg	1	--	--	3	0
Zinc, Zn	mg	0.11	--	--	0.28	0.03
Copper, Cu	mg	0.108	--	--	0.272	0.030
Manganese, Mn	mg	0.086	--	--	0.217	0.024
Selenium, Se	µg	0.2	--	--	0.5	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	1.0	--	--	2.5	0.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g	1 fig with liquid 28g
Thiamin	mg	0.022	--	--	0.055	0.006
Riboflavin	mg	0.038	--	--	0.096	0.011
Niacin	mg	0.437	--	--	1.101	0.122
Pantothenic acid	mg	0.069	--	--	0.174	0.019
Vitamin B-6	mg	0.070	--	--	0.176	0.020
Folate, total	µg	2	--	--	5	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	5	1
Folate, DFE	µg	2	--	--	5	1
Choline, total	mg	4.2	--	--	10.6	1.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	5	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	22	--	--	55	6
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	37	--	--	93	10
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	8	--	--	20	2
Vitamin E (alpha-tocopherol)	mg	0.10	--	--	0.25	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	4.2	--	--	10.6	1.2
Lipids						
Fatty acids, total saturated	g	0.020	--	--	0.050	0.006
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.003	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g	1 fig with liquid 28g
16:0	g	0.015	--	--	0.038	0.004
18:0	g	0.004	--	--	0.010	0.001
Fatty acids, total monounsaturated	g	0.022	--	--	0.055	0.006
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.022	--	--	0.055	0.006
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.048	--	--	0.121	0.013
18:2 undifferentiated	g	0.048	--	--	0.121	0.013
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.003	--	--	0.008	0.001
Threonine	g	0.013	--	--	0.033	0.004
Isoleucine	g	0.012	--	--	0.030	0.003
Leucine	g	0.017	--	--	0.043	0.005
Lysine	g	0.016	--	--	0.040	0.004
Methionine	g	0.003	--	--	0.008	0.001
Cystine	g	0.006	--	--	0.015	0.002
Phenylalanine	g	0.010	--	--	0.025	0.003
Tyrosine	g	0.017	--	--	0.043	0.005
Valine	g	0.015	--	--	0.038	0.004
Arginine	g	0.009	--	--	0.023	0.003
Histidine	g	0.006	--	--	0.015	0.002
Alanine	g	0.024	--	--	0.060	0.007
Aspartic acid	g	0.093	--	--	0.234	0.026
Glutamic acid	g	0.038	--	--	0.096	0.011

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g	1 fig with liquid 28g
Glycine	g	0.013	--	--	0.033	0.004
Proline	g	0.026	--	--	0.066	0.007
Serine	g	0.019	--	--	0.048	0.005
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0